



2nd August 2018

Regular Training Sessions

Thursday 2 nd August : 6pm	West Leigh Field : Mixed intervals around cricket pitch. coach: Malcom
Tuesday 7 th August : 6.30pm * PLEASE NOTE: meet at Bidbury Mead	New Farlington Marshes. 6.5 miles sweeper: Natalie C
Thursday 9 th August : 6pm	<u>Mike Edwards Long Handicap Race 5</u> or Short H/Cap route (Uncoached)
Tuesday 14 th August : 6.30pm * PLEASE NOTE: meet Havant Thicket car park	Havant Thicket Tempo run 5.5 miles coach: Marilyn sweeper: Kate Hart
Thursday 16 th August : 6pm	Staunton Park Big Hills – 25 mins coach: Mary
Tuesday 21 st August :6.30pm	QE Park Perimeter run 6 miles coaches : Kevin/Pete sweeper: Kevin McT
Thursday 23 rd August : 6pm	West Leigh Field 1 mile rep + Core session coach: Dave /Chris Needham
Tuesday 28 th August : 6.30pm	Emsworth Foreshore 7 miles coach: Nicola sweeper: Lisa Gatenby
Thursday 30 th August : 6pm	<u>Ian Murray Summer Short handicap Race 6</u>

Please note: These are the club approved training sessions... if you do not run these then you run at your own risk and are not covered by Club's 3rd party insurance.

Tuesday runs have a volunteer sweeper to run with the last runners over the designated course, and all runners are asked to 'buddy' up with a runner of a similar pace.

Details about the regular Tuesday and Thursday training sessions are available on the Victory AC website at www.victoryac.org.uk/training.html

From time to time, some sessions may need to be adapted or changed at late notice. Changes will be posted on our Facebook Group, Facebook Page, Twitter feed and website.



A quick work from the Chair - Beth Pirie

It is almost 4 months since the annual dinner when many of our club runners were rewarded for their achievements and recognised for their amazing contribution which ensures this club runs as smoothly as possible.

So much more has been achieved since that great April evening and I thought it would be worth mentioning:

- Thank you to all who purchased a raffle ticket (or 10!) at the annual dinner. Helen Boiling and Shelly Butler presented a cheque for £515 to the charity 'Heartbeat House' in July. Helen spent 4 nights with them when her husband had cardiac surgery in April and this made such a difference to Helen in being able to be close to Graham during this difficult time. It's wonderful that we have been able to support another charity that has helped one of our own.

- A huge thank you is thoroughly deserved for Terry Healy and his team who put on a very successful track day which was held in June. This was so popular and looks set to become an annual event.
- The handicap series is over half way through the season; this could not go ahead without the volunteers that manage the running orders, timings and results so a continued thank you to Jan MacDonald, James Tolson, Malcolm Hagan and others that also help out with these events. Don't forget there are still 2 more races in both the long and short series and this is open to all; anyone, whatever pace they run, has the opportunity to win, so please join in!
- The training and recces for annual charity Hayling Relay day are well under way and this looks sure to be another fun and successful day on Sunday 19th August. Early thanks to John Gallagher and David Lown for launching this year's event. If you are new to the club, this is a great way to get to know people. There is still time to join in, so please contact either John or David if you would like to take part.
- Thank you to the coaching team that continue to put on some great training sessions – the VO2 max is certainly hard work but popular. I am also so very pleased that Pete Harding, our Head Coach, has agreed to continue in this role for the foreseeable future. Pete is such an asset to this club; we are so very pleased that we will continue to benefit from his excellent guidance and experience.
- I would like to thank Ali McNiff for continuing to put the flyer out each week; no easy feat when you work full time and have a very young family! Thank you to Mary Short for stepping in when required and also for the work she does in updating the website. This nicely leads me to give you all a quick update on how we communicate with the club and our aspirations for the future.

Traditionally, a weekly flyer has been and continues to be published. This used to be distributed in paper format but it is now emailed to the club members.

More recently we operate a Victory AC Facebook page which is closed to Victory AC members only. More timely updates can be posted on this site however it is informal and not everyone has a Facebook account.

The committee appreciates that members have different preferences when it comes to receiving communication from the club and there has been some discontent amongst a few who have not received information that has appeared on Facebook and not on the flyer. This has been recognised by the committee and therefore we now have a sub-committee who are specifically working on a new website for the club. The aspiration is for this site to hold all news, updates and the weekly flyer which will negate the use of email. Facebook will still be used as an informal means of communication between members. Until the new site is up and running, we will endeavour to ensure all information is put on the weekly flyer that is distributed via email. Sometimes articles may not appear as they can be late or sometimes there is just a genuine error. There has been some unfair criticism when this has happened recently.

This club is a brilliant because of the great mix of members and the volunteers that contribute to the running of the club. Volunteering is time consuming and is not always easy to fit into a busy lifestyle, particularly those who work full time and have families to juggle. Please appreciate those that work hard to ensure that you have a fun and enjoyable time within the club.

So finally, if you have the time to spare and would like to volunteer with the club, in any capacity, then please speak with any member of the committee or coaching teams (Ali is always welcome for help with the flyer!). Many thanks and happy running.



VAC Hayling Island Charity Relay : Sunday 19th August

This years Charity Relay will be run on Sunday 19th August and again will be supporting the RNLI.

Starting from the Northney Village Hall, Hayling Island, the route will be anticlockwise with a projected 10am start for the first teams. The start will be staggered in an effort to help with parking at handover points.

At the end of the relay team members and family and friends are invited to stay for a BBQ or picnic. This really will be a great fun day out running with other club members round trails you never knew existed.

Teams

1: Gemma Corbett (Capt); Terry Healy; Chris Needham; Mandy Coles

2: Laura Praeger (Capt); Lisa Slight; Roger Brummell; Hazel Jenkinson

3: Darren Knight (Capt); Helen Boiling; Amber Ankinson; Nicola Stott

- 4: Jo Gilholm (Capt); Linda Pukinska; Kevin Leighfield; Sue Gover
 5: Jim Clow (Capt); Shelly Butler; John Gallagher; Marilyn Crocker
 6: Dave Lown (Capt); Belinda Harding; Peter Beachill; Dee Sims
 7: Lucy Smith (Capt); Kate Parks; Rachel Jarvis; Bridget Main
 8: John Cowlin (Capt); Gary Heather; Chris Turner; Jan MacDonald
 9: Mark Cooter (Capt); Neil Tolfrey; Del Chandler; Raman Sangha
 10: Beth Fleur (Capt); Ali McNiff; Ann Panting; Paul Smart
 11: Lesley Allen (Capt); Zoe Gill; Tim Cooper; Paul Sahota

Details of leg routes with maps are on the Club Website: www.victoryac.org.uk/charityrelay.html



Hampshire Road Race League 2018/2019

The captains for the HRRL season 2018/2019 are: Terry Healy, Bridget Main and Beth Pirie.

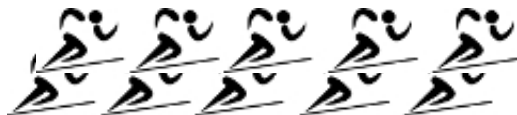
***Please make sure you enter the first race, Overton 5m,
 which will take place on Sunday 2nd September 2018
<http://www.overtonharriers.org.uk/club-races/overton-5/>***

All standards are welcome and it would be good to see as many Victory AC runners as possible this coming season at these events. We have seen you run cracking times recently at the Purbrook Ladies and the Hayling Billy 5, so get those entries in!

The full listing for the 2018/19 HRRL races are as follows

Overton 5 mile	02/09/18
Solent half	23/09/18
Gosport half	18/11/18
Victory 5 mile	02/12/18
Stubbington 10k	13/01/19
Ryde 10 mile	03/02/19
Fleet half	17/03/19
Salisbury 10 mile	14/04/19
Alton 10 mile	12/05/19
Netley 10k	19/05/19
Alresford 10k	16/06/19
Lordshill 10k	30/06/19

Details with links to entry forms etc and race reports are on the club website at: www.victoryac.org.uk/hrri.html



Volunteers required : Great South Run Sunday 21st October 2018

Each year VAC members volunteers to assist with this event and help with Marshalling. Therefore we are looking for approximately 14 volunteers, it's a great event and good fun marshalling. If you are interested could you please pass your names to secretary@victoryac.org.uk

Many thanks
 Lesley Allen
 VAC Sec



Christmas Meal : Friday 14th December

Just to confirm, the Victory Christmas meal has been booked for Friday 14th December at the Langstone Hotel.

To see the menu, please look at the [Christmas brochure on the Langstone Hotel website](#) (party menu).

We don't need to provide menu choices for a while.

They can seat 100 people.

The total cost is £40 per person with a deposit of £10 per person.

Please can we have names and deposits by the end of August (this gives plenty of time to

save the rest!). I know lots of you have already reserved places and paid your deposits so

thank you. The deposit can be paid into the Victory account (bank details are on the membership form on the Victory website). You can also pay by cheque or cash to me, Shelly

Butler or Neil Blanchard. If you pay by BACS, please make it clear who it is from and that it

is for the meal. The final payment is due a month before the meal so we will remind you in

plenty of time!

I would say ' Merry Christmas' but it's a bit early for that!

Thank you,

Helen



Christmas Party Nights .

To Start

Tomato & Green Pesto Soup (v) (gf)
Herb crème fraîche
Thai Green Curry Style Fishcake (gf) (df)
Thai salad, sweet chilli dressing
Duck & Port Pate
Orange glaze, date puree, mini brioche
Vegetable Samosa (v) (df)
Endive salad, mango & ginger chutney

To Follow

12 Hour Braised Blade of Beef (df)
Carrot purée, sauce bourguignon, parsnip chips
Breast of Chicken (gf)
Green peppercorn sauce, crispy leeks
Loin of Salmon Fillet (gf)
Spaghetti cucumber
Sweet Potato, Pequillo Pepper & Chickpea Tagine (v) (gf) (df)
Chilli & wild rice
Served with Medley of Winter Vegetables (v) (gf) (df)
Mini Roast New Potatoes,
Thyme & Sea Salt (v) (gf) (df)

To Finish

Passionfruit Delice (v) ★
Lime & coconut
Cinnamon Crème Brûlée (v)
Rice flour shortbread
Chocolate Tart
Hazelnut cream, white chocolate snow
Platter of Cheese
Cheddar, Cornish brie, stilton, apple chutney, water biscuits
Tea & Coffee

Short Handicap : Thursday 26th July 2018

Well done to the 34 people who turned out to run the 5th Short Handicap despite it being the hottest day of the year so far. Congratulations to Nicola Stott for her win, finishing 1 minute inside handicap. Only 3 people finished within their handicaps so very well done to John Gallagher and Colin Moon for their runs too.

Thanks to the helpers, Malcolm Hagan, James Tolson, Hamid and Kevin McTaggart who ensured proceedings went off smoothly and allowed me to run for the second time this year! Also thank you to John Gallagher who helped me out by printing the race sheets at the last minute when I had computer problems at home.

Race 5 Results

Pos	Name	Finish Time	Start Time	Actual Time	Points
1	Nicola Stott	40.00	3.35	36.25	50
2	John Gallagher	40.47	8.30	32.17	49
3	Colin Moon	40.57	10.25	30.32	48
4	John Marengi	41.06	14.15	26.51	47
5	Pete Harding	41.20	11.35	29.45	46
6	Kerry Adaway	41.31	10.05	31.26	45
7	Ruth Wheeler	41.32	9.10	32.22	44
8	Mark Cooter	41.50	9.20	32.30	43
9	John Cowlin	41.54	12.50	29.04	42
10	Jan MacDonald	41.55	4.15	37.40	41
11	Howard Wright	41.58	6.05	35.53	40
12	Neil Tolfrey	42.01	15.15	26.46	39
13	Pete Beachill	42.05	6.30	35.35	38
14	Gary Heather	42.14	11.00	31.14	37
15	Mark Hay	42.16	14.35	27.41	36
16	Richard Mitchell	42.22	11.45	30.37	35
17	Lucy Cowlin	42.25	9.05	33.20	34
18	Simon Gill	42.29	22.00	20.29	33
19	Dan Bailey	42.50	21.10	21.40	32
20	Pete Bone	42.58	6.30	36.28	31
21	Jim Clow	42.58	13.15	29.43	30
22	Shelly Butler	42.59	12.30	30.29	29

23	Beth Pirie	43.00	12.20	30.40	28	
24	Terry Healy	43.11	12.35	30.36	27	
25	Jo Gilholm	43.28	15.15	28.13	26	
26	Lynette Meredith	43.45	2.20	41.25	25	
27	Roger Brummell	43.48	7.00	36.48	24	
28	Marilyn Crocker	43.57	2.05	41.52	23	
29	Tim Cooper	44.09	11.15	32.54	22	
30	Michelle Jones	45.43	7.35	38.08	21	
31	Mary Short	45.55	0.00	45.55	20	
32	Mandy Coles	46.34	0.00	46.34	19	
33	Hazel Jenkinson	46.35	0.00	46.35	18	
34	Sara Heath	46.39	4.15	42.24	17	started late

Start Times for Race 6 (Thursday 30th August)

Name	Estimated Finish Time	New Start Time
Jo Cooper	50.00	00.00
Sue Gover	49.20	00.00
Jenny O'Hara	48.45	00.00
Carol Wilson	48.00	00.00
Christine Howard	46.05	00.00
Mary Short	45.55	00.00
Hazel Jenkinson	45.15	00.00
Tracy Long	45.05	00.00
Jenny James	44.55	00.00
Mandy Coles	44.35	00.00
Georgia Ash	44.20	00.00
Ann Mann	43.10	00.00
Debbie Wilson	42.40	00.00
Gill Ripiner	42.25	00.00
Paul Smart	42.10	00.00
Carol Tolfrey	42.05	00.00
Sadie Holdford	41.35	00.00
Tania Lee	41.35	00.00
Sara Heath	41.25	00.00
Jill Sander	41.00	00.00
Dave Gartland	40.50	00.10
Dawn Watson	40.40	00.20
Jo Lee	40.30	00.30
Bridget Main	40.15	00.45
Marilyn Crocker	39.55	01.05
Dee Sims	39.25	01.35
Debbie Clarke	39.20	01.40
Amanda Rudkin	39.15	01.45
Lesley Allen	39.00	02.00
Lynette Meredith	38.40	02.20
Rachel Getty	38.35	02.25
Neil Blanchard	38.30	02.30
Yvonne Hawley	38.30	02.30
Jan MacDonald	37.40	03.20
Raman Sangha	37.25	03.35
Paula Benitez	36.50	04.10
Kevin McTaggart	36.45	04.15
Alan Mulry	36.40	04.20
Jenny Lown	36.30	04.30
Nicola Stott	36.25	04.35
Martin Care	36.25	04.35
Mike Boyd	36.20	04.40
Mhari Main	36.15	04.45

Helen Smith	35.40	05.20
Pete Bone	35.30	05.30
Mandy Boyd	35.05	05.55
Lindsey Cooter	35.05	05.55
Amanda Wells	35.05	05.55
Roger Brummell	35.00	06.00
Sam Howard	35.00	06.00
Howard Wright	34.55	06.05
Ed Spencer	34.45	06.15
Rachel Jarvis	34.40	06.20
Pete Beachill	34.30	06.30
Michelle Jones	34.25	06.35
Becki Ralf	34.20	06.40
Allison Lowder	34.10	06.50
Chris Turner	34.00	07.00
Pete Drury	34.00	07.00
John Simpson	33.55	07.05
Hamid Alamar	33.50	07.10
Bill Kelly	33.40	07.20
Claire Shardlow	33.40	07.20
Paul Willcox	33.40	07.20
Julia Hopes	33.25	07.35
Mark Morrison	33.20	07.40
Lucy Cowlin	32.55	08.05
Jason Horton	32.55	08.05
Wayne Goodwin	32.50	08.10
Amber Ankinson	32.45	08.15
Jane Noble	32.40	08.20
Arron Grosvenor	32.35	08.25
Bob Wheeler	32.35	08.25
Kevin Leighfield	32.30	08.30
Andy Smith	32.30	08.30
Tina Doherty	32.25	08.35
Clare Austin	32.20	08.40
John Gallagher	32.15	08.45
Graham Coleman	32.05	08.55
Malcolm Hagan	32.00	09.00
Ruth Wheeler	31.50	09.10
Mark Cooter	31.40	09.20
Helen Mears	31.30	09.30
Claire Eglin	31.15	09.45
Paul Bould	31.10	09.50
Vikki Turnbull	31.10	09.50
Kerry Adaway	31.05	09.55
Tim Cooper	30.45	10.15
Dave Walker	30.40	10.20
Simon Cristofoli	30.40	10.20
Derek Chandler	30.35	10.25
Colin Moon	30.30	10.30
Nikki Turner	30.30	10.30
Lisa Emson	30.30	10.30
Graham Foden	30.20	10.40
Helen Boiling	30.15	10.45
Richard Mitchell	30.15	10.45
Andy Jest	30.15	10.45
Katie Lewis	30.15	10.45
Gary Heather	30.00	11.00
Bart Pirie	29.55	11.05
Amanda Godfrey	29.50	11.10
Glen Chapman	29.35	11.25
Helen Whiting	29.35	11.25
Pete Harding	29.25	11.35

Terry Healy	29.25	11.35
Kate Parks	29.15	11.45
Ian Stott	29.10	11.50
John Cowlin	29.00	12.00
Kevin Louth	28.55	12.05
Jon Haines	28.50	12.10
Beth Pirie	28.40	12.20
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
Shelly Butler	28.30	12.30
Linda Pukinska	28.30	12.30
Matt Cornford	28.15	12.45
Jim Clow	28.00	13.00
Nichol Riggott	28.00	13.00
Ali Pirie	28.00	13.00
Robbie King	27.55	13.05
Dan Hoskinson	27.50	13.10
Will Hahn	27.50	13.10
Emerson Potter	27.45	13.15
Rob Godwin	27.45	13.15
Richard Westbrook	27.40	13.20
Brian Millo	27.25	13.35
Martin Coles	27.20	13.40
Mark Hull	27.15	13.45
Ali McNiff	27.10	13.50
Mark Griffiths	27.10	13.50
Kathryn Simpson	27.00	14.00
Dave Morris	26.55	14.05
John Marengi	26.50	14.10
Gina Turner	26.50	14.10
Jo Gilholm	26.45	14.15
Dave Lown	26.35	14.25
Colin O'Donnell	26.35	14.25
Bernie Cammell	26.35	14.25
Mark Hay	26.25	14.35
Andrew Wright	26.25	14.35
Paul Spooner	26.25	14.35
Mike Bruce	26.15	14.45
Zoe Gill	26.05	14.55
Neil Tolfrey	25.45	15.15
Lucy Smith	25.40	15.20
Matthew Walker	25.30	15.30
Michelle Cartwright	25.30	15.30
Chris Riddington	25.10	15.50
Colin Robson	25.10	15.50
Hannah Lowry	25.00	16.00
Kevin Giles	24.45	16.15
Cristian Samfirescu	24.45	16.15
Jackie Lloyd	24.20	16.40
Mark Wilson	24.20	16.40
Tom Hoskinson	24.05	16.55
Richard Turner	23.55	17.05
Simon Turner	23.50	17.10
Alistair Helliwell	23.40	17.20
Darren Knight	23.40	17.20
Harry Lown	23.35	17.25
Gemma Corbett	23.30	17.30
Tony Butler	23.15	17.45
Matt Healy	22.50	18.10
Dan Bailey	20.50	20.10
Paul Mitchinson	20.35	20.25
Simon Gill	19.00	22.00



Race Report from Terry Healy Three Go Mad in Dorset: The Jurassic Challenge July 21st/22nd

My son Jon, Son in Law Darren and I tackled the 100K Jurassic Challenge recently, an event organised by 'Action Challenge' along the picturesque coastal path between Poole and Bridport, alongside 2,500 other competitors.



The event was for walkers, joggers and runners, with Jon opting to run the 100K in one day. Darren and I believing discretion trumps valour, selected the two day option with an overnight stop at Weymouth; 58K on Saturday and 42K on the Sunday. There were also Single Day events held on either day. I'd say the proportion of walkers was more than I've seen previously.

The event was really well planned and organised, with a large team of cheerful and encouraging staff and volunteers, well stocked Aid Stations, all blessed with fabulous if rather hot weather. The route was well marked with no navigation required, world class scenery and raised an eye popping £1.5 million for various charities over the weekend.

Highlights of the route for me were the quirky Sandbanks Ferry crossing at 5K, the beach sections at Sandbanks and Lulworth Cove, Durdle Door, more beach running at Chesil Beach, the West Bay Cliffs and some of the steepest climbs and descents I can ever remember tackling. My Garmin recorded 4,941ft on day one and 1,706 on day two.

Jon completed in 14:39 hours, 14th out of 620 finishers in his event, an outstanding performance. Darren (20:08) and I (20:10) finishing 23rd and 24th among the 270 finishers of the 2 day event.



I can see that Ultra running may not immediately appeal to everyone, but honestly if I can do it anyone can. At my level, there's a good proportion of walking, on the hills for example and some adopt a strategy of alternating between running and walking at regular intervals to cope with the distance....it's more about the journey than the destination, and a discovery of your inner self you could say.

Olympic Champion Emil Zatopec famously said, if you want to win a race, run 100metres, if you want an experience, run a marathon....that captures something of the essence of Ultra running I think.



Victory Athletics Club : www.victoryac.org.uk

Please send flyer submissions to flyer@victoryac.org.uk by 7pm Weds, or earlier in the week if possible

Victory Athletic Club
02/08/18 Flyer

